

Evidence Package

Epimedium sagittatum Horny Goat's Weed (Yin yang huo)

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Table 6a: Executive Summary of Therapeutic Indications

Indication identifier	System targeted	Therapeutic indication	Required dosage	Specific/ Non-specific
EPIMEDIUM1	General health or body parts	<ul style="list-style-type: none"> Traditionally used in Chinese medicine to maintain/support general health and wellbeing 	5g/day - water extract	Non-specific
EPIMEDIUM2	Reproductive system	<ul style="list-style-type: none"> Traditionally used in Chinese medicine to maintain/ support healthy sexual function Traditionally used in Chinese medicine to maintain/support reproductive system health 	5g/day - water extract	Non-specific
EPIMEDIUM3	Bone	<ul style="list-style-type: none"> Traditionally used in Chinese medicine to maintain/ support bone strength 	5g/day - water extract	Non-specific
EPIMEDIUM4	Urinary system	<ul style="list-style-type: none"> Traditionally used in Chinese medicine to relieve urinary frequency 	5g/day - water extract	Non-specific

Table 6b: Evidence Summary for Scientific Indications

INDICATION 1						
Indication	Evidence reference details	Ingredient	Dosage	Patient population	Summary of findings	Balance of evidence
		Plant/animal part and preparation	Daily dosage, frequency & method	Subject, characteristics, health condition, ages, gender, ethnicity	Include enough information to demonstrate relevance and study outcomes. Any justifications from table 4d of Checklist 4 should be included here.	'Primary supporting', 'Secondary supporting'

Maintain/support general health and wellbeing	Bensky, Clavey, Stoger (2004) <i>Epimedium Herba</i> in Chinese Herbal Materia Medica (3 rd edition pp 776 – 778) Eastland Press, Seattle	<i>Epimedium brevicornum</i> <i>Epimedium sagittatum</i> Herb	3-9 g decoction	NA	<p>Tonifies the Kidneys and fortifies the yang: for patterns of Kidney yang deficiency with such symptoms as impotence, infertility, urinary frequency, forgetfulness, withdrawal, and painful cold lower back and knees.</p> <p>The sweet warmth of <i>Epimedium Herba</i> (yin yang huo) tonifies the fire at the gate of vitality and fortifies the Kidney yang, while its acrid warmth expels wind dampness. Tonification of the Kidney yang enables it to treat impotence, spermatorrhea, and urinary frequency. Internally, reinforcement of the Kidney yang strengthens the bones.</p>	Primary supporting
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	Zeng D., (2003) <i>Herba Epimedii</i> Essentials of Chinese Medicine Materia Medica Pp 232 Bridge Publishing Group	<i>Herba Epimedii</i> Yin Yang Huo	6-10 g	NA	It tonifies Kidney yang to strengthen the sinews and bones; it also strongly disperses cold-damp to unblock painful obstruction. It is often used in patterns of Kidney yang deficiency and Wind-cold-damp Painful Obstruction. Indications Tonify the Kidney and fortify the yang: Insufficient Kidney yang with cold pain in the lower abdomen, impotence or cold womb infertility. Disperse cold and dispel dampness: Wind-cold-damp Painful Obstruction with pain and weakness of the lower back and lower extremities.	Primary supporting
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	<p>Zhang-fu C., De-xian J. & Bare J. (2011) <i>Epimedium</i> Herb in Chinese Materia (Internationa l Standard Library of Chinese Medicine Medica) (pp 574-576), PMPH-USA</p>	<p><i>Epimedium brevicornum</i> <i>Epimedium sagittatum</i> above- ground part</p>	<p>5 -10 g in decoction or made into paste, pills or powder</p>	<p>NA</p>	<p>Acrid, sweet, warm and drying in property, it enters the liver and kidney channels to powerfully invigorate sexuality and strengthen the muscles and bones. It is also often used for arthralgia. Invigorates the kidney yang, strengthens the muscles and bones, and dispels wind damp. Clinical Applications For impotence, male infertility and frequent urination due to kidney yang deficiency For female infertility due to kidney yang deficiency For muscular flaccidity and weakness in the lower part of the body. For arthralgia, or limb numbness or spasms due to exterior wind- dampness attack. Pharmacological research It improves genital gland functions, immunity, and nucleic acid synthesis. It has effects of anti-osteoporosis, improving osteosis, anti-aging, anti- hypoxia, strengthening the heart, anti-arrhythmia, anti- myocardial ischemia, decreasing blood pressure, anticoagulation, brain protection, sedation,</p>	<p>Primary supporting</p>
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					decreasing cholesterol, reducing blood sugar, eliminating sputum, relieving cough and asthma, anti-inflammation, anti-bacteria.	
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	<p>Chen J. & Chen T., (2004) <i>Herba Epimedii</i> In Chinese Medicinal Herbology and Pharmacology Pp 893-895 Art of Medicine Press CA</p>	<p><i>Epimedium grandiflorum</i>); <i>Epimedium sagittatum</i> Herb</p>	<p>10 to 15 grams in decoction.</p>	<p>NA</p>	<p>1. Tonifies the Kidney, Strengthens Yang and Increases Libido. Yin Yang Huo (Herba Epimedii) primarily treats Kidney yang deficiency that manifests in sexual disorders such as impotence, lack of sexual desire, incomplete erection, premature ejaculation, spermatorrhea, low sperm count, soreness and weakness of the lower back and knees, and infertility. It also treats infertility in women arising from cold and deficiency of the Kidney.</p> <p>2. Dispels Wind-Damp-Cold and Alleviates Bi Zheng (Painful Obstruction Syndrome) Bi zheng: Yin Yang Huo treats bi zheng caused by winddamp-cold attacking the channels and blocking the circulation of qi and yang to the extremities. Symptoms include pain and coldness of the limbs, numbness, and spasms. and cramps of the tendons and muscles. Yin Yang Huo dispels wind-damp-cold from the channels and collaterals and promotes normal circulation of qi and</p>	<p>Secondary supporting</p>
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					<p>blood to the extremities. This herb is also used for post-stroke patients in whom stiffness, numbness or paralysis indicate yang deficiency with stagnation in the channels.</p> <p>Sexual and reproductive: Administration of in Yang Huo increases sperm production, stimulates the sensory nerves, and increases sexual desire and activity. Other studies have shown Yin Yang Huo to increase the secretion of endogenous hormones, such as corticosterone, cortisol, and testosterone.</p> <p>Respiratory: Preparation of Yin Yang Huo has shown marked antitussive, expectorant and antiasthmatic effects. The antitussive effect of the herb is attributed to its effect on the central nervous system.</p> <p>Clinical studies Chronic bronchitis: In one study, 1,066 patients with chronic bronchitis were treated with pills of Yin Yang Huo with an overall effective rate of 74.6%. The rate of effectiveness was 86.8% for its antitussive function, 87.9% for its</p>	
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					expectorant function, and 73.8% for its antiasthmatic function.	
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	<p>Huang K.C. (1999) Yin Yang Huo in The Pharmacy of Chinese Herbs (2nd Ed. pp 106-) CRC Press LLC, Boca Raton, Florida</p>	<p><i>Epimedium brevicorum</i> <i>Epimedium sagittatum</i> plant</p>	<p>0.3 g tablet form (equivalent to 2.7 g of raw material), the herb is administered in doses of 4 to 6 tablets b.i.d. 8 – 12 tablets – 21.6 -32.4 g raw material/day</p> <p>Yin Yang Huo pills are also made from a condensed 80% extract. In a 20% tincture, the herb is administered in doses of 5 ml t.i.d. before meals.</p>	<p>NA</p>	<p>The primary effects of the herb are on the cardiovascular system. It dilates the coronary vessels and increases the coronary flow by reducing vascular resistance. It lowers blood pressure with a long duration of action. Yin Yang Hua extract is reputed to have a sexually stimulating effect on males. The herb can stimulate the growth of the prostate, testis, and anus rector muscle. Studies have showed that persons taking this herb show an increase of sperm production and urinary excretion of 17-ketosteroids. Experiments also show that the herb's glycosides can regulate hypothalamic sex endocrine activity. It is effective in antagonizing the impotency induced by hydrocortisone administration. The herb acts as an antitussive and expectorant; its antitussive effect is due to a CNS inhibitory action. It also has antibacterial and antiviral activity. The extract can inhibit the growth of staphylococci, streptococci, and</p>	<p>Secondary supporting</p>
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					<p>pneumococci in culture. Additionally, the herb displays anti-inflammatory action.</p> <p>Therapeutic Uses</p> <p>Yin Yang Huo was described in Tbe Herbal Classic of the Divine Plowman as a body-building agent, a yang supporter, an agent to reinforce muscles and bones, and a help to the liver and kidney.</p> <p>It is commonly used in the treatment of angina pectoris, chronic bronchitis, and neurasthenia. Studies of its effectiveness in 1066 cases of chronic bronchitis have shown a 74.6% efficiency rate, documenting its antitussive and expectorant effects.</p>	
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	Duke, J. (1929) <i>Epimedium</i> spp. In Handbook of Medicinal Herbs (2nd Ed., pp. 384. CRC Press.	<i>Epimedium grandiflorum</i> , <i>E. brevicornum</i> , <i>E. koreanum</i> , <i>E. sagittatum</i> Shoots	3–12 g shoots/day, or 1–3 g shoots concentrated 4:1 powder	NA	Indications Arthritis Backache Bacterial and viral infection Bleeding Bronchitis Cold, Flu and Cough Dysuria Fatigue Hepatitis High Blood Pressure Hypothyroidism Immunodepression Impotence Inflammation Nephritis Neurasthenia Osteoporosis Polyuria Rheumatism Spermatorrhea Sterility Weak Knees	Secondary supporting
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	<p>Therapeutic Research Center. (2024). Horny Goat Weed Retrieved from Natural Medicines website.</p>	<p>Horny Goat weed <i>Epimedium grandiflorum</i>, synonyms inc: <i>Epimedium brevicornum</i>, <i>Epimedium sagittatum</i>, Leaves and stems</p>	<p>Products containing horny goat weed are most commonly standardized to icariin content. A horny goat weed water extract used in one clinical trial has been standardized to contain 25.36% icariin</p>	<p>NA</p>	<p>Horny goat weed has been used for over 2000 years to treat impotence and infertility. The name is used for several species of the <i>Epimedium</i> genus, although <i>Epimedium grandiflorum</i> and <i>Epimedium sagittatum</i> are most commonly found in supplement products. Effectiveness Erectile dysfunction (ED), Fatigue, Male infertility, Osteoarthritis and others: Although there is interest in using oral horny goat weed for these conditions, there is insufficient reliable information about the clinical effects of horny goat weed for this condition.</p>	<p>Secondary supporting</p>
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	Patel, K., & Lopez, G. (2022). Horny Goat Weed Retrieved from Examine.com.	Horny Goat Weed <i>Epimedium</i>		NA	<p>Horny Goat Weed is a herb (Epimedium) that is known for being an aphrodisiac. It is also sometimes referred to by its active ingredient, Icarin. Icarin is known as a prenylated flavonoid compound and has been shown to exert much of the aphrodisiac effects of Horny Goat Weed. It has also been shown in one rat study to increase testosterone levels at a rather high dose, and moderate dosages are shown to be beneficial for bone health.</p> <p>Icarin has not been shown to increase testosterone in females, yet two other compounds in Horny Goat Weed (Icaritin, Desmethylicaritin) have actually increased estrogen in post-menopausal females. The herb acts as an aphrodisiac in both genders, and the gender-specific hormone increasing could be beneficial for both genders.</p>	Secondary supporting
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INDICATION 2						
Indication	Evidence reference details	Ingredient	Dosage	Patient population	Summary of findings	Balance of evidence
		Plant/animal part and preparation	Daily dosage, frequency & method	Subject, characteristics, health condition, ages, gender, ethnicity	Include enough information to demonstrate relevance and study outcomes. Any justifications from table 4d of Checklist 4 should be included here.	'Primary supporting', 'Secondary supporting'
Traditionally used in Chinese medicine to maintain/ support healthy sexual function Traditionally used in Chinese medicine to maintain/support reproductive system health	Bensky, Clavey, Stoger (2004) <i>Epimedium Herba</i> in Chinese Herbal Materia Medica (3 rd edition pp 776 – 778) Eastland Press, Seattle	<i>Epimedium brevicornum</i> <i>Epimedium sagittatum</i> Herb	3-9 g decoction	NA	For patterns of Kidney yang deficiency with such symptoms as impotence, infertility. Tonification of the Kidney yang enables it to treat impotence and spermatorrhea.	Primary supporting

	Zeng D., (2003) <i>Herba Epimedii</i> Essentials of Chinese Medicine Materia Medica Pp 232 Bridge Publishing Group	<i>Herba Epimedii</i> Yin Yang Huo	6-10 g	NA	Indications Tonify the Kidney and fortify the yang: Insufficient Kidney yang with, impotence.	Primary supporting
	Zhang-fu C., De-xian J. & Bare J. (2011) <i>Epimedium</i> Herb in Chinese Materia (International Standard Library of Chinese Medicine Medica) (pp 574-576), PMPH-USA	<i>Epimedium brevicornum</i> <i>Epimedium sagittatum</i> above-ground part	5 -10 g in decoction or made into paste, pills or powder	NA	Acrid, sweet, warm and drying in property, it enters the liver and kidney channels to powerfully invigorate sexuality. Clinical Applications For impotence, male infertility Pharmacological research It improves genital gland functions.	Primary supporting

INDICATION 3

Indication	Evidence reference details	Ingredient	Dosage	Patient population	Summary of findings	Balance of evidence
		Plant/animal part and preparation	Daily dosage, frequency & method	Subject, characteristics, health condition, ages, gender, ethnicity	Include enough information to demonstrate relevance and study outcomes. Any justifications from table 4d of Checklist 4 should be included here.	'Primary supporting', 'Secondary supporting'
Traditionally used in Chinese medicine to maintain/support bone strength	Bensky, Clavey, Stoger (2004) <i>Epinedii Herba</i> in Chinese Herbal Materia Medica (3 rd edition pp 776 – 778) Eastland Press, Seattle	<i>Epimedium brevicornum</i> <i>Epimedium sagittatum</i> Herb	3-9 g decoction	NA	Tonifies the Kidneys and fortifies the yang: for patterns of Kidney yang deficiency with such symptoms painful cold lower back and knees. Internally, reinforcement of the Kidney yang strengthens the bones.	Primary supporting

	Zeng D., (2003) <i>Herba Epimedii</i> Essentials of Chinese Medicine Materia Medica Pp 232 Bridge Publishing Group	<i>Herba Epimedii</i> Yin Yang Huo	6-10 g	NA	It tonifies Kidney yang to strengthen the sinews and bones; Indications Disperse cold and dispel dampness: Wind-cold-damp Painful Obstruction with pain and weakness of the lower back and lower extremities.	Primary supporting
	Zhang-fu C., De-xian J. & Bare J. (2011) <i>Epimedium</i> Herb in Chinese Materia (International Standard Library of Chinese Medicine Medica) (pp 574-576), PMPH-USA	<i>Epimedium brevicornum</i> <i>Epimedium sagittatum</i> above-ground part	5 -10 g in decoction or made into paste, pills or powder	NA	Acrid, sweet, warm and drying in property, it enters the liver and kidney channels to strengthen the muscles and bones. It is also often used for arthralgia. Invigorates the kidney yang, strengthens bones, and dispels wind damp. Clinical Applications For arthralgia, or limb numbness or spasms due to exterior wind-dampness attack.	Primary supporting

INDICATION 4						
Indication	Evidence reference details	Ingredient	Dosage	Patient population	Summary of findings	Balance of evidence
		Plant/animal part and preparation	Daily dosage, frequency & method	Subject, characteristics, health condition, ages, gender, ethnicity	Include enough information to demonstrate relevance and study outcomes. Any justifications from table 4d of Checklist 4 should be included here.	'Primary supporting', 'Secondary supporting'
<ul style="list-style-type: none"> Traditionally used in Chinese medicine to relieve urinary frequency 	<p>Bensky, Clavey, Stoger (2004)</p> <p><i>Epinedii Herba</i> in Chinese Herbal Materia Medica (3rd edition pp 776 – 778) Eastland Press, Seattle</p>	<p><i>Epimedium brevicornum</i></p> <p><i>Epimedium sagittatum</i></p> <p>Herb</p>	3-9 g decoction	NA	<p>Tonifies the Kidneys and fortifies the yang: for patterns of Kidney yang deficiency with such symptoms as urinary frequency.</p> <p>Tonification of the Kidney yang enables it to treat urinary frequency.</p>	Primary supporting

	Zhang-fu C., De-xian J. & Bare J. (2011) <i>Epimedium</i> Herb in Chinese Materia (Internationa l Standard Library of Chinese Medicine Medica) (pp 574-576), PMPH-USA	<i>Epimedium brevicornum</i> <i>Epimedium sagittatum</i> above- ground part	5 -10 g in decoction or made into paste, pills or powder	NA	Clinical Applications For frequent urination due to kidney yang deficiency	Primary supporting
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